

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND MEALS ON WHEELS MENU SEPTEMBER 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
HAPPY LABOR DAY NO MEALS SERVED Thank You!	Turkey à la King Seasoned Rice Brussels Sprouts Dilled Carrot Coins Dark Rye Roll / butter Pineapple Juice Choc Chip Cookie Alt. Fresh Orange	Back to School Chilled Roast Beef & Cheddar w/ Onion Roll Carrot Sticks w/ ranch Watermelon Sun Chips Rice Krispies treat Alt. Fresh Fruit	NFL Kickoff Tailgate Packwurst on a Bun w/Packerkraut Ketchup Bears Baked Beans Packers Potato Salad Windy Waldorf Salad Bears Frosted Brownie Alt. Fruited Yogurt	Beef Stroganoff Egg Noodles w/Gravy Diced Beets Romaine Salad w/ Italian Dressing Sourdough Bread w/ butter Fresh Pear
9	10	11	12	13
Swedish Meatballs Mashed and gravy 5-way Mixed Veg Mandarin Oranges Bread w/Butter Butterscotch Pudding Alt. Sugar Free Pudding	Swiss Steak Mashed Potatoes w/ gravy Peas & Carrots Whole Grain Bread w/ butter Fruited Yogurt	Peachy Pork Roast Cheesy Potatoes Maui Vegetable Blend Potato Dinner Roll w/ butter Pineapple Chunks Dessert Bar Alt. Fresh Fruit	Cheeseburger on Wheat Bun Lettuce, Tom, Onion Ketchup, Mustard Green Beans Potato Salad Fresh Apple	MANDATORY STAFF TRAINING PROGRAM CLOSED
16	17	18	19	20
Pork Chop Suey Soy Sauce Packet Brown Rice Oriental Blend Veg Cook's Choice Fruit Dinner Roll w/ butter Snickerdoodle Cookie Alt. Orange	Roast Beef Baked Potato w/ butter & sour cream Green Bean Casserole Pickled Beet & Onion Salad Fresh Fruit Salad	St. Louis Style BBQ Boneless Ribs Mashed Sweet Potatoes Key Largo Vegetables Biscuit w/ butter Apple Crisp Alt. Fresh Apple	Open-faced Hot Turkey and Gravy over bread Mashed Potatoes and gravy Peas and Carrots Fruit Cocktail Frosted Yellow Cake Alt. Fresh Fruit	Summer's Last Stand Brat on Sausage Roll Ketchup / Mustard Baked Beans Broccoli Salad Cantaloupe Ice Cream Cup Alt. Sugar Free Ice Crm
23	24	25	26	27
Baked Ham Scalloped Potatoes 5-Way Mixed Vegetable Wheat Bread w/ butter Pineapple Tidbits	Garlic and Herb Grilled Chicken Breast Roasted Red Potatoes Spinach Salad with Dressing Multigrain Bread Butter Fresh Pear	Oktoberfest Beef Rouladen Mashed pot w/ gravy Sweet and Sour red cabbage Applesauce Black Rye Bread butter German Choc Cake	Oven Roasted Chicken on the bone Brown Rice with Garlic Herb Sauce Green Bean Casserole Wheat Bread w/ Butter Watermelon	Meatloaf w/ Gravy Garlic Mashed & gravy Dill Crinkle Cut Carrots 7 Grain Bread butter Mixed Fruit Cup Banana Cake w/Cream Cheese Icing Alt. Banana
30				
Creamy Mushroom Chicken Breast Baby Reds w/ butter Winter Blend Veg Dinner Roll/Butter Cantaloupe Chocolate Mousse Alt. Diet Pudding				

SENIOR DINING AND MEALS ON WHEELS MENU OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Taco Casserole Spanish Rice w/ sauce Stewed Tomatoes Corn, Black Bean and Pepper Salad Dinner Roll w/ butter Grapes	Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/Butter Fresh Orange Choc. Chip Cookie Alt. Diet Cookie	Pork Roast & Gravy Mashed Pot and Gravy Swt & Sour Red Cabbage Apple Juice Rye Dinner Roll Butter Black Forest Torte Alt. Fruited Yogurt	Vegetarian Lasagna Sweet Green Peas Italian Blend Vegetables Italian Bread/Butter Tropical Fruit
7	8	9	10	11
BBQ Pulled Pork On Kaiser Roll Au Gratin Potatoes 5-Way Mixed Vegetables Diced Peaches	Turkey Burger w/ Provolone on Whole Wheat Bun Ketchup / mustard pkts Cottage Fries ketchup Buttered Sweet Corn Pineapple	Chicken Stroganoff Buttered Noodles Steamed Spinach Tomato Juice Whole Grain Bread w/ butter Mandarin Oranges	Tuna Salad on Croissant w/ lettuce & tomato Pickled Beet Salad Fruit Salad Lemon Sunshine Cake Alt. Diet cookie	Green Pepper Casserole Dill Baby Carrots Garlic Breadstick w/ butter Fresh Orange Lemon Pudding Alt. Sugar Free Pudding

PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE

Reservations are required at least **ONE BUSINESS DAY** in advance. Call the center where you will eat between 10:30 a.m. - 1:00 p.m on days that site is open for a reservation, or call the office at 262-548-7826, Monday - Friday, before 1:00pm.

Visit our website at:
www.waukeshacounty.gov

BROOKFIELD
Brookfield Community Center
2000 North Calhoun Road
PHONE: (262) 782-1636
OPEN: Monday thru Friday

BUTLER
Hampton Regency Apartments
12999 Hampton Avenue
PHONE: (262) 783-5506
OPEN: Monday thru Friday

HARTLAND
Breezewood Village Apartments
400 Sunnyslope Drive
PHONE: (262) 367-5689
OPEN: Mon., Wed. & Fri.

MENOMONEE FALLS
Menomonee Falls Community Ctr
W152 N8645 Margaret Road
PHONE: (262) 251-3406
OPEN: Monday thru Friday

MUKWONAGO - VERNON
Birchrock Apartments
280 Birchrock Way
Mukwonago, WI
PHONE: (262) 363-4458
OPEN: Mon, Tues, Wed, Thur.

Food Safety Education Month

Adapted from www.cdc.gov/foodsafety/education-month

September is National Food Safety Education Month. It provides an opportunity to raise awareness about steps you can take to prevent food poisoning.

Every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from eating contaminated food. Seniors are more likely to get a foodborne illness (also called food poisoning) and get seriously ill.

It is widely accepted that there are five most-common risk factors for foodborne illness:

- Purchasing or obtaining food from unsafe sources
- Failing to cook food to a proper (safe) internal temperature
- Holding food at unsafe temperatures (food left on the counter)
- Using contaminated food equipment (unclean dishes, cutting surfaces, etc.)
- Poor personal hygiene, which includes proper hand washing

Proper hand washing is extremely important for safe food handling. Always use hot water and adequate soap, and scrub for 10-15 seconds and rinse for 5-10 seconds. And only dry your hands on a clean towel or unused paper towel.

ALWAYS wash hands before touching any food. And always wash hands after touching raw meats and after touching dirty surfaces like dirty dishes and sinks, dirty dish scrubbers and rags, and always after going to the bathroom or touching garbage. It is best to be in the habit of washing your hands more than you think you should!

Time and temperature are critical in safe food handling. It is imperative that food is cooked to a proper internal temperature. And don't let your food sit out on the counter; the longer a food sits out, the more bacteria grow. If you are cooling leftovers to enjoy later, make sure that the food is brought down to a cold temperature as quickly as possible. Cool it in the refrigerator or freezer, or use ice or an ice bath. Do not let your food sit around. And continually check the temperature of your refrigerator to make sure that your food is stored at a safe temperature.

Cross-contamination is when a raw food, or unsafe food, has either touched other food, or touched a surface that touches other food. For example, pulling a used knife out of the sink to cut up strawberries. Even if you believe that the knife is "clean enough", your sink is probably not as clean as you think it is, and can make your strawberries unsafe to eat. It is always best just to get a new utensil that you **know** is clean.

Food safety is about paying attention, and taking the little extra time to make sure things are done right **every** time.

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MUSKEGO

Stoney Creek Adult Community
S69 W14142 Tess Corners
PHONE: (414) 422-0420
OPEN: Mon., Wed., & Fri.

NEW BERLIN

National Regency
13750 W. National Ave
PHONE: (262) 784-7877
OPEN: Monday thru Friday.

OCONOMOWOC

Oconomowoc Community Center
210 W. Wisconsin Avenue
PHONE: (262) 567-5177
OPEN: Monday thru Friday

SUSSEX

Sussex Civic Center
N64 W23760 Main Street
PHONE: (262) 246-6747
OPEN: Monday thru Friday

WAUKESHA

La Casa Village
1431 S. Big Bend Road
PHONE: (262) 547-8282
OPEN: Monday thru Friday